

LOOK INSIDE

14

DAYS

The Calm Walk Challenge

Every chapter, the method behind it, and exactly what you'll be doing each day — so you know what you're getting before you decide.

A COMPLETE PREVIEW • FREE

What this book is

A day-by-day plan for owners of dogs who lunge, bark or pull toward other dogs on walks. Ten to fifteen minutes a day, for fourteen days, with no corrections and no special equipment.

This preview shows you everything: the idea the whole method rests on, what happens on each of the fourteen days, what's in the printables, and what the programme will and won't do for your dog.

Nothing here is teaser material. If you read this preview and decide the approach isn't for you, that's a useful outcome and it cost you nothing.

The problem it solves

You see the other dog first. Your stomach drops. You shorten the leash, you say his name in a voice that's a little too high, and then it happens anyway — the lunge, the barking, the spinning at the end of the leash while a stranger stares at you.

Then you go home and feel two things at once: embarrassed, and guilty for being embarrassed. He's a good dog in the house. Nobody sees that part.

Who it's for

- Dogs who bark, lunge or pull toward other dogs on leash
- Dogs who are fine off leash but impossible on it
- Rescue dogs whose walks became a problem after adoption
- Owners who've been told to "be firmer" and found it made things worse

Who it's not for

Be honest with yourself here. This book is not the right tool if:

- Your dog has bitten a person or another dog hard enough to break skin
- The behaviour has escalated in recent weeks
- He reacts to **people**, particularly children
- He won't eat outdoors at any distance, on any day

- You are afraid of him

Any of those means an in-person certified behaviour consultant, and usually a vet visit first. The book says the same thing on page one.

The idea it all rests on

There's a distance at which another dog is simply **information** to your dog. He notices it. He can still hear you, still take a treat, still walk normally.

Closer than that, the other dog stops being information and becomes a threat — or a frustration he can't reach. At that point adrenaline floods his system, his hearing narrows, digestion shuts down, and food stops mattering entirely.

That line is called **threshold**. Trainers have a blunt way of putting it:

You cannot teach a drowning dog to swim.

This is why "being firmer" failed. At the moment you were being firmer, he wasn't capable of receiving anything at all. And if the firmness involved a leash pop or a prong collar, something worse happened — his brain quietly built the equation *other dog = pain*, which is the exact association driving the problem.

What the book does instead

Find the distance where he can still think. Work there. Then shrink that distance five feet at a time, using a rule that stops you moving faster than he can handle.

That's the whole method. The fourteen days are how you build it.

What success actually looks like

Not a dog who ignores other dogs. Not a dog who greets them happily.

A dog who sees another dog and looks back at you.

Not indifference — communication. He notices, he tells you he noticed, and the two of you handle it together. That's a dog whose life works, and it's reachable for most reactive dogs.

Week One — Foundation

Seven days in your kitchen, your hallway and your driveway. Almost nothing here looks like the problem you bought the book for — and that's exactly why it works.

01 Find His Number

You measure the distance at which your dog can still take food normally. Ten minutes, one number, written on the fridge. You correct nothing and test nothing — you collect one piece of information and go home. Everything in the next thirteen days is built on it.

02 The Marker

Thirty repetitions in your kitchen, building a one-syllable sound that means *food is coming, because of what you just did*. It's fast enough to catch a moment your hand can't reach. The chapter covers the one ordering detail that most people get wrong and never notice.

03 Find It

The emergency pattern. Two words that drop your dog's nose to the ground, break a rising stare, and buy you distance for free. You'll use it for the rest of his life, and it costs ten minutes on a rug to build.

04 The U-Turn

An exit that works on a word instead of a pull. This chapter opens with the reason most owners resist it — turning around in front of strangers feels like an admission — and then explains why leaving early *is* the training, not a failure of it.

05 Driveway, No Dogs

The first outdoor day, with no other dogs anywhere. You'll discover that everything you built indoors appears to stop working, and the chapter explains why that's expected rather than a setback. Includes a three-way checkpoint that decides whether you advance or repeat.

06 Look At That

The chapter that does the real work. You start paying your dog for *looking* at the thing that bothers him — which sounds backwards until you understand you're changing a prediction, not rewarding a behaviour. Uses a stand-in trigger, not a real dog.

07 First Real Dog

One short session at a safe distance, two or three sightings, then you stop — even if it's going beautifully. Ends with the Week One checkpoint: advance, repeat for three days, or stop and reassess.

Week Two — The Street

No new techniques. You take the six things you now own and shrink the distance, five feet at a time, until you're walking down your own street.

08 Movement Under Threshold

Everything from week one, while walking. Includes the distance arithmetic almost nobody explains: two dogs approaching close the gap at six feet per second, so sixty feet gives you ten seconds — enough to decide, not enough to hope.

09 Minus Five Feet

The first deliberate reduction, and the chapter that introduces the rule governing the rest of the book — the one that decides when you're allowed to move closer and when you're not. Includes a precise six-point definition of a "clean" session, because vague criteria are how owners push too fast and lose two weeks.

10 The Ambush Drill

For the dog you don't see coming. A rehearsed three-move sequence — scatter, turn, walk — drilled deliberately so it survives the second and a half where you freeze. You grade your own performance here, not your dog's.

11 Parallel Walking

Walking alongside another dog at distance, in the same direction, with nobody meeting. Explains why head-on approaches are socially rude in dog language and why this format is easier for most dogs than anything else in the book. Includes a word-for-word script to send your helper.

12 Narrowing In

A short chapter, deliberately. There's no new technique — only the honest question of whether you've earned the reduction, and the three ways owners quietly talk themselves into moving closer too soon.

13 Your Real Route

The street you've been avoiding. Includes a route-planning method — blind spots, escape routes, known barkers — and a change of metric: you stop counting reactions and start counting the times he looks back at you.

14 The Graduation Walk

Not a test. One normal walk at a normal hour, followed by four measurement tables comparing where you started to where you are. Then the maintenance plan, and what to do on the bad day that's coming in week three.

What else is inside

Twelve printables

Designed to leave the book and live on your fridge or in your pocket:

- The threshold card — your dog's number and the eat-test
- The emergency card — scatter, turn, walk
- The body language ladder — six signals before a reaction
- Treat value ranking sheet
- The 14-day distance log
- The progression tracker — the rule that tells you when to move closer
- Route planning sheet
- Helper briefing script
- The ambush helper's three rules
- The maintenance card
- What to do on a bad day
- Glossary

Back matter

- **When to hire a professional** — credentials that mean something, the five questions to ask before booking, and the red flags
- **Frequently asked questions** — two dogs, older dogs, muzzles, apartments, missed days
- **A note about you** — the embarrassment, the isolation, and why your hands and breathing matter more than any technique
- **The one-page summary** — the eight rules, on a single page

Every chapter follows the same shape

- Why today matters, and what's actually happening in your dog
- What you need — gear, treats, time
- The drill, step by step

- Common mistakes, named specifically
- Troubleshooting for what goes wrong
- A checklist and a log page

Honest limits

Worth reading before you buy anything, including this.

What it won't do

- **It won't make your dog love other dogs.** Plenty of dogs are simply not social, and stay perfectly happy that way.
- **It won't get you to nose-to-nose greetings.** Greetings are discouraged throughout, on purpose.
- **It won't fix years of practised reactivity in a fortnight.** For an entrenched case, expect visible change in fourteen days and real change over two to three months.

How long it really takes

- **Two weeks** — a working system, a measured distance, usually the first voluntary check-back
- **Two to three months** — a genuinely different walk
- **Six months to a year** — for long-standing cases, a dog you can take places

Repeating a day is the programme working correctly, not falling behind. Plenty of dogs take twenty-five days to finish a fourteen-day book and end up in exactly the same place.

Safety, stated plainly

The book opens with a page telling certain readers not to use it and to see a professional instead. That page is in the free preview above, and it hasn't been softened for the paid version.

No prong collars, no e-collars, no shock, for the duration of the programme. That isn't a philosophical position — it's mechanical. You cannot build a positive association and a painful one at the same time.

If it sounds right

Fourteen chapters, twelve printables, and a system you'll still be using in a year.

Get the book at: _____

And if you'd rather start free: the **Reactive Dog Starter Kit** gives you three of the printables — the threshold card, the emergency card and the body language ladder — so you can find your dog's number this week and decide later.

Start with the number. Everything follows from it.